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NAVAL SERVICE MEDICAL NEWS (NSMN) (96-22)  
6 June 1996

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HEADLINE: Register now for SGLC '96

BUMED WASHINGTON (NSMN) -- Registration for the 1996  
Surgeon General's Leaders Conference is now underway.  
Invited attendees (listed below) are encouraged to register  
via the world wide web at the BUMED Home Page or at the  
following site: [http:\(backslash, backslash\)  
support1/webgroup/dscjff/sglc](http://(backslash, backslash)support1/webgroup/dscjff/sglc).

Lodging is available at the Crystal Gateway Marriott,  
1700 Jefferson Davis Hwy., Arlington VA. Hotel reservations  
number: 1-800-228-9290 or (703) 920-3230. Plenty of rooms  
are still available, but you must specify that you are  
requesting a room in the block of rooms reserved for the  
Navy Surgeon General's Leaders Conference. Courtesy round  
trip shuttle service will be provided from National airport  
to and from the hotel.

The following Navy Medical Department leaders are  
invited to attend the conference:

- A) All Medical Department flag and flag select officers
- B) All non-MTF/DTF Medical Department Commanding  
Officers

C) Naval Medical Centers - The Commander plus  
designated representatives of the Medical Corps, Medical  
Service Corps, Nurse Corps, and senior enlisted

representative

D) Naval Hospitals - Recommended attendees include the Commanding Officer and one each of the remaining Corps/senior enlisted

E) Representatives each from:

All Naval Dental Centers - CO and Senior Enlisted

All Naval Medical Centers - CO and Senior Enlisted

All Health Services Offices - OIC and 3 selected

department heads

F) All active and reserve specialty leaders,

G) And selected leaders from CINC, CNRC, Lead Agent and Operational Staffs.

Attendance from your command may not exceed the established number of invitees.

Spouses are invited to attend. A separate spouses program will be offered.

For those who can not access the World Wide Web or are experiencing registration difficulties, or have any questions regarding attendance, please contact LT Mark (Bull) Lisa, MSC, USN, e-mail address: nmc3mpl(at sign)bms200.med.navy.mil or telephone at (202) 762-3129 or LCDR Gina Niziolek, MSC, USN at (202) 762-3182 for alternative registration options or answers to your questions.

Registration deadline is 1 July 96. We are all looking forward to a great Surgeon General's Leaders Conference. By CDR Ed Robinson, MSC, BUMED Administrative Director

-USN-

HEADLINE: New equipment brings health care to the deckplates and savings to the taxpayers

USNH Okinawa (NSMN)-- U.S. Naval Hospital Okinawa has recently celebrated the grand opening of their new \$4.4 million CT Scan and MRI radiology imaging equipment.

BGEN J.M. Hayes, USMC, Commander, Marine Corps Base, Camp Butler, Okinawa was the principal speaker and ribbon cutter at the 29 May grand opening ceremony.

"Outside of Tripler Army Medical Center, Hawaii, we are the only DOD Medical Treatment Facility in the Pacific Basin with these capabilities," said LCDR S. Peters, MC, USN, Head, Radiology Dept.

When time is of the essence, speed of diagnosis is crucial and this new equipment allows for faster diagnosis and significantly improved clarity of the scanned images, explained LCDR Peters.

"With the emphasis on bringing health care to the patient, these new radiology additions are one extra way of telling our customers 'we care about you', said CAPT R.L. Anderson, MSC, USN, Commanding Officer. "Our military and civilian contracting folks, along with the Radiology and Materials Management Dept staff, did a superb job of ensuring an efficiently run operation from purchasing to installation," he added.

The current cost for a C-9 aeromedical airlift mission

ranges from \$2,335 per hour for a DOD user to \$9,500 for a non-US government user.

With the new equipment, both the patients and the taxpayers will save by eliminating the time and expense of the ten-hour trip from Okinawa to Tripler.

By HMCM(SW) M. C. Carr, USN, USNH, Okinawa

-USN-

HEADLINE: NHRC assists investigators of ValuJet Crash  
NHRC SAN DIEGO (NSMN) -- The Naval Health Research Center (NHRC), located in San Diego, CA, is providing technical assistance to the National Transportation and Safety Board (NTSB) as the crash site investigation of ValuJet Flight 592 continues in the Florida everglades.

In coordination with the Navy Science Assistance Program (NSAP), researchers from NHRC are sharing information and technology with the NTSB. This includes methodologies and equipment used to protect Navy and Marine Corps personnel, who frequently operate for extended periods in adverse environments and in protective clothing ensembles which increase body temperature.

At the request of the National Transportation Safety Board and the Navy Science Assistance Program, Jay Heaney, a research physiologist at NHRC, has flown to the crash site with 13 Steele Ice Vests. Heaney will brief the divers and ground-based personnel on the proper use of the ice vests to reduce thermal stress and extend stay times. These ice vests have been proven effective by NHRC in military situations such as the Persian Gulf, firefighting, and damage control operations, and are now in the inventories of most Navy ships.

As is true of Service personnel in many military operations, the civilian investigators at the crash site are operating at the upper limits of human endurance and environmental extremes. The assistance being provided by NHRC, part of the Naval Medical Research and Development Command, will contribute measurably to the accomplishment of this enormous and difficult task.

By Dr. Steve Nice, Scientific Director, NHRC

-USN-

HEADLINE: Yokosuka Dental Center provides satisfaction

USDC Yokosuka (NSMN) -- Brush your teeth, remember to floss, and visit the dentist for regular check-ups to maintain healthy teeth and gums. It sounds easy enough, but many of us are afraid of going to the dentist.

As part of the OCONUS-Family Dental Program, U.S. Naval Dental Center, Yokosuka, Japan, is going out of their way to provide excellent customer service and take good care of Navy family members.

By creating a dental database of all the family members for mailing out appointment reminders, the dental center stays in contact with families. Also, by joining forces with Reserve and Fleet dentists, the dental center has been able

to expand their hours for appointments for the evening or on weekends. This keeps Sailors on the job and also allows family members to get treatment without having to pay child care expenses.

The Family Member Database (FMDB) is used to generate lists of family members who need cleanings, fillings, and examinations. There are different appointment reminders for each type of dental appointment, and they are generated by mail-merging with the computer generated lists. The dental center can also screen for family members who have not had an exam within a year and send them reminders.

One advantage of the dental database is a tremendous time savings over having someone from the dental center staff call each patient, which also ties up limited telephone lines. The vast majority of patients who call in for an appointment can get through in one or two telephone calls if they call during suggested hours noted on the appointment reminders. Each patient is assured of getting an appointment when they call since time is set aside beforehand. This ensures each patient is offered equal access to treatment.

By Ann Kirby, BUMED Public Affairs

-USN-

Headline: Medal of Honor Recipient Remembered

NMC PEARL HARBOR (NSMN) -- Fifty-one years ago last month, Pharmacist's Mate Second Class William D. Halyburton Jr. died under a barrage of enemy gunfire while caring for a wounded Marine.

Halyburton was serving with the 5th Marines on Okinawa when his unit came under intense mortar, machine gun and sniper fire. Halyburton made his way to a fallen Marine and was administering first aid when his patient was struck a second time. The medic placed himself between the Marine and the gunfire, shielding the victim with his body. He continued to administer aid until he himself sustained mortal wounds.

For this courageous and selfless act, he was posthumously awarded the Medal of Honor.

In his memory, CINCPACFLT Surgeon RADM(Sel) Alberto Diaz Jr., HMCM(SW) Wallace P. Mattern, CINCPACFLT Medical Master Chief, and others paid tribute to Halyburton's sacrifice by laying a wreath from the staff of Naval Hospital Halyburton on his grave.

The wreath laying is a tradition that was begun last year on the 50th anniversary of Halyburton's death.

Naval Hospital Halyburton in Cherry Point, NC, was named for Petty Officer Halyburton. It opened on Oct. 1, 1994.

By LTJG Ron Boling, Naval Medical Clinic Pearl Harbor

-USN-

HEADLINE: Happy Birthday, Hospital Corps!

BUMED Washington (NSMN) -- The Hospital Corps will

celebrate its birthday on June 17, marking 98 years of care to their Navy and Marine Corps comrades-in-arms and family members.

Hospital corpsmen (and their precursors, pharmacist mates) are the most decorated enlisted rate. During Vietnam alone, corpsmen received three Medals of Honor, 29 Navy Crosses, 127 Silver Stars, two Legion of Merit, 292 Bronze Stars and 4,563 Purple Hearts.

Congress established the Hospital Corps as a unit of the Navy's Medical Department in 1898. That same year, corpsmen were assigned to the Marine Corps Expeditionary Battalion that landed at Guantanamo Bay during the Spanish American War.

By Ms. Jan Davis, BUMED Public Affairs

-USN-

HEADLINE: Senior Health Insurance Counseling Program offered at Annapolis

NMC Annapolis, MD (NSMN) -- Terms like Medicare insurance, supplements, and HMOs have the power to make most people's eyes glaze over. Who really understands that stuff? Well, Naval Medical Clinic Annapolis wants to help take some of the complexity out of understanding health care insurance for seniors.

Naval Medical Clinic Annapolis offers a Senior Health Insurance Counseling and Advocacy Program for their Medicare eligible beneficiaries. What's unique about this program is the volunteers.

"By using retirees we have people who have been there before," said CAPT Tom Sizemore, Commanding Officer, NMC Annapolis. "Not only are the volunteers retired military, but they've also had to address their own questions about Medicare and other health care issues for seniors."

But being retired from the military is not enough to be a counselor. Each of the volunteers received special training from the county.

"I'm really excited to have the opportunity to offer my services to military retirees," said retired Navy Master Chief, Bill O'Reilly, who volunteers two times per month at the Annapolis Clinic. O'Reilly also volunteers at the Anne Arundel County Office of Aging Retired.

With the upcoming transition to TRICARE, the Commanding Officer of the clinic wants to make sure the retiree community is well informed.

"These people are valuable assets to our country and they served their country proudly. We want them to know we still care about their health care concerns," said CAPT Tom Sizemore.

In addition to the in-clinic insurance counseling program, Annapolis' Health Benefits Advisor, Jan Heaton, often spends many evenings holding seminars for families and retirees on their health care benefits, TRICARE and other insurance programs.

By Karen Coffman, NMC Annapolis, Public Affairs Officer

-USN-

HEADLINE: Health information goes high-tech

WASHINGTON (NWSA) -- The Health and Physical Readiness Branch of the Bureau of Naval Personnel (BUPERS) is offering training in the latest health and fitness topics to Sailors via interactive video/distance learning on both the CNET Electronic Schoolhouse Network and the Navy Medicine Worldwide Campus.

Training runs June 11-13 on the East Coast, and June 25-27 on the West Coast. This regularly scheduled training is offered through BUPERS Healthy Lifestyles Forum (HLF) and Command Fitness Coordinator (CFC) certification courses.

HLF is a one-hour interactive video teletraining session on the second Thursday of each month at 11:30 a.m. (EDT). Recent topics included tobacco cessation resources, stress management and suicide prevention training resources, nutrition programs and safe exercise during and after pregnancy. Each is an open-forum session, and participants are encouraged to ask questions.

CFC training is a three-day certification course. Students are taught the administrative responsibilities of the physical-readiness testing program, proper body-fat measurement techniques and basic exercise concepts.

For quotas and information about distance learning sites see NAVADMIN 099/96.

By Michael McLellan, BUPERS Public Affairs

-USN-

HEADLINE: Uniform Regulations give two new options

WASHINGTON (NWSA) -- The latest revision to the Uniform Regulations (NAVPERS 15665), due out on CD ROM next month, will provide Sailors with two new options. The first change allows Sailors to wear belt buckles from previous commands. A Sailor stationed ashore at a command without a command belt buckle may now wear a previous "sea command" belt buckle. This includes ships and squadrons.

The second change, which is effective immediately, authorizes the wear of the black V-Neck sweater with Summer Whites for all Sailors. In the updated Uniform Regulations, the sweater is an authorized optional item, that may be worn in the same manner as with Summer Khaki (collar out and name patch required). For Officers, the hard shoulder boards are not required to be worn under the sweater, but if the sweater is removed, shoulder boards must be in place.

By LT Kelly Watson, BUPERS Public Affairs

-USN-

HEADLINE: TRICARE Active-Duty Family Member Dental Plan rates will increase Aug. 1

OCHAMPUS (NSMN) -- The monthly premium for the TRICARE active-duty family member dental plan will increase on Aug. 1, 1996.

The rate for a single enrollment will go up from the

present \$6.77 per month to \$7.19. A family enrollment that now costs \$16.92 per month will be \$17.97.

Active-duty service members will see the premium increase reflected in their July Leave and Earning Statements. Families who are signed up for the plan by their military sponsors on or after July 1, 1996 will be enrolled at the new rate.

The new premium amounts are still less than those that went into effect in April 1993, when the dental plan's benefits were expanded.

The monthly premium that active-duty service members have deducted from their paychecks represent 40 percent of the total premium cost for the plan. The other 60 percent is picked up by the government.

For information about the dental plan, you may call toll-free, 1-800-866-8499.

-USN-

HEADLINE: Best Health Promotion Program aboard GW

USS GEORGE WASHINGTON (NSMN) -- USS GEORGE WASHINGTON (CVN 73) was recently recognized as having the best Health Promotion Program for an operational unit in the Navy at the annual Navy Environmental Health Center Conference.

The program coordinator, CDR Finari was present to accept the award. USS GEORGE WASHINGTON (CVN 73) is currently on an extended deployment.

By LCDR D. R. Davis, MSC, USN, Force Medical, Naval Air Force, U.S. Atlantic Fleet.

-USN-

HEADLINE: TRICARE Question and Answer

BUMED WASHINGTON (NSMN) -- Question: If I have a grievance for services rendered under the TRICARE program, who can I contact?

Answer: Any grievance should be reported to the Military Treatment Facility Commander or lead agent. Generally, the regional Managed Care Support Contractor will be responsible for grievances for services rendered by civilian network providers under the TRICARE Program. Contact the nearest TRICARE Service Center for more information. Grievances relative to non-availability statement decisions should be submitted to the MTF Commander.

-USN-

HEADLINE: HEALTHWATCH: What is Cholesterol and why the fuss?

BUMED WASHINGTON (NSMN) -- Cholesterol is an odorless, white, waxy, powdery substance. It is found in all foods of animal origin and is never found in plant foods. Cholesterol is needed by the body for synthesis of cell membranes, as a component of steroid hormones (in adrenal or sex organs) and as an ingredient in bile acids (which aid in digestion).

However, not all cholesterol is processed in beneficial

ways. It may deposit itself on the walls of arteries, which over the years can form a hard plaque inside the arteries, thus making the passageways narrower and the vessels harder and less pliable. This is known as atherosclerosis or hardening of the arteries.

The American Heart Association recommends having cholesterol and HDL cholesterol tested by the age of 20. If it is normal and you have less than two other risk factors for heart disease, you should have it repeated every 2-4 years. If any blood cholesterol levels are abnormal, you should take steps to correct the levels and have another test done in 3-6 months (or sooner if you're at a very high risk).

How do we get cholesterol?

Up to 75 percent of the cholesterol in our bloodstream is made by our liver; the rest comes from cholesterol and saturated fat in our diet. Although the amount of cholesterol from the diet may not seem particularly high, dietary changes may in fact have a significant effect on blood cholesterol levels. Normally, excess cholesterol that isn't used by the body is transported back to the liver where it is disposed of through the intestines. Problems arise when the liver makes too much cholesterol or lacks the means to get the cholesterol out of the blood.

Transportation of cholesterol in the body

Cholesterol is not transported through the bloodstream on its own. It is wrapped in a protein and lipid (fat) molecule called a lipoprotein. There are several different lipoproteins but the ones we hear about most are low density lipoproteins (LDL) and high density lipoproteins (HDL).

Low Density Lipoproteins (LDL): Known as the "bad" cholesterol because they contain the largest amount of cholesterol and carry it through the bloodstream, leaving unused residue on artery walls. A low LDL is desirable.

High Density Lipoproteins (HDL): Known as the "good" cholesterol because they carry excess cholesterol from the arteries back to the liver to be excreted and because they act as a signal that other components of the blood are (or are not) working to remove waste. A high HDL is desirable.

Risk factors for coronary heart disease

High cholesterol, obesity, family history of heart disease, age (greater than 45 in men, 55 in women), cigarette smoking, diabetes, hypertension (high blood pressure), low HDL cholesterol, have all been found by careful study to increase one's risk of cardiovascular disease.

The key to better quality of life is your good health. Having your cholesterol level checked regularly reduces the chance for chronic disease and premature death. For more information about cholesterol, contact your health care provider.

By BUMED Health Promotion Committee and Parlay International

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